



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03711, Babyfood, cereal, high protein, with apple and orange, prepared with whole milk

Report Date: June 24, 2017 22:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	74.40	--	--	21.09
Energy	kcal	112	--	--	32
Energy	kJ	469	--	--	133
Protein	g	6.90	--	--	1.96
Total lipid (fat)	g	3.90	--	--	1.11
Ash	g	1.50	--	--	0.43
Carbohydrate, by difference	g	13.40	--	--	3.80

Minerals

Calcium, Ca	mg	223	--	--	63
Iron, Fe	mg	14.42	--	--	4.09
Magnesium, Mg	mg	37	--	--	10
Phosphorus, P	mg	166	--	--	47
Potassium, K	mg	346	--	--	98
Sodium, Na	mg	58	--	--	16
Zinc, Zn	mg	0.76	--	--	0.22
Copper, Cu	mg	0.166	--	--	0.047

Vitamins

Thiamin	mg	0.655	--	--	0.186
Riboflavin	mg	0.847	--	--	0.240
Niacin	mg	3.987	--	--	1.130
Vitamin B-6	mg	0.092	--	--	0.026
Folate, total	μg	28	--	--	8
Folic acid	μg	0	--	--	0

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Folate, food	µg	28	--	--	8
Folate, DFE	µg	28	--	--	8
Vitamin B-12	µg	0.35	--	--	0.10

Lipids

Amino Acids

Other